STRAWBERRY TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on strawberries. Here is some information on strawberries.

What is a Strawberry?
A strawberry is a bright red, sweet fruit that grows on a small plant close to the ground.
They are not actually berries but are part of the rose family. **Read trivia for the week.**

Where Do Strawberries Grow?
Strawberries grow from small plants that have green leaves and white or pink flowers. They grow from the flowers and sit on the ground once they ripen. Strawberries grow best in sunny areas. **Read trivia for the week.**

Fun Strawberry Facts
Strawberries are the only fruit that have their seeds on the outside. Strawberries have over 200 seeds. The average American eats about 3.5 pounds of strawberries every year! Strawberries were used as a symbol of love in ancient Rome because of their heart shape and sweetness. There is a museum in Belgium just for strawberries. A strawberry flower averages 5 to 7 petals. They are the first fruit to ripen in the spring. Strawberries can be used to whiten teeth. **Read trivia for the week.**

Strawberries in South Dakota
Strawberries can be grown in most areas in South Dakota. Three basic types of strawberries grown in South Dakota are: Junebearing, Everbearing and Day-Neutral. **Read trivia for the week.**

Health Benefits
Strawberries are full of vitamin C. They are also high in fiber and antioxidants.
Strawberries are low in calories and mostly made up of water. **Read trivia for the week.**

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the "Harvest of the Month Artists".
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Take a virtual field trip (or actual if you can) to a strawberry patch. Search virtual field trip on YouTube.

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